



DELL Precision 5690 Intel Core Ultra 7 155H Mobile workstation 40.6 cm (16") Full HD+ 32 GB LPDDR5x-SDRAM 512 GB SSD NVIDIA RTX 1000 Ada Wi-Fi 7 (802.11be) Windows 11 Pro Grey

Brand : DELL

Product family: Precision

Product code: 58JKH

Product name : 5690

- Windows 11 Pro 64-bit
 - Intel Core Ultra 7 155H (24MB Cache)
 - 40.6 cm (16") Full HD+ 1920 x 1200 IPS, NVIDIA RTX 1000 Ada (6GB GDDR6)
 - 32GB LPDDR5x-SDRAM & 512GB SSD
- Intel Core Ultra 7 155H (24MB Cache), 32GB LPDDR5x-SDRAM, 512GB SSD, 40.6 cm (16") Full HD+ 1920 x 1200 IPS, Intel Arc Graphics, NVIDIA RTX 1000 Ada (6GB GDDR6), WLAN, Webcam, Windows 11 Pro 64-bit

[DELL Precision 5690 Intel Core Ultra 7 155H Mobile workstation 40.6 cm \(16"\) Full HD+ 32 GB LPDDR5x-SDRAM 512 GB SSD NVIDIA RTX 1000 Ada Wi-Fi 7 \(802.11be\) Windows 11 Pro Grey:](#)

Take your ideas to the next level with *the world's #1 workstations; optimized for performance, reliability and user experience.

DELL Precision 5690. Product type: Mobile workstation, Form factor: Clamshell. Processor family: Intel Core Ultra 7, Processor model: 155H. Display diagonal: 40.6 cm (16"), HD type: Full HD+, Display resolution: 1920 x 1200 pixels. Internal memory: 32 GB, Internal memory type: LPDDR5x-SDRAM. Total storage capacity: 512 GB, Storage media: SSD. On-board graphics card model: Intel Arc Graphics, Discrete graphics card model: NVIDIA RTX 1000 Ada. Operating system installed: Windows 11 Pro. Product colour: Grey

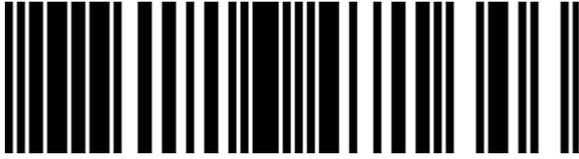


| Design | | Audio | |
|---------------------------|-------------------------------|---|---|
| Product type * | Mobile workstation | Speakers manufacturer | Waves |
| Product colour * | Grey | Built-in microphone | ✓ |
| Form factor * | Clamshell | Number of microphones | 2 |
| Market positioning | Business | Camera | |
| Display | | Front camera | ✓ |
| Display diagonal * | 40.6 cm (16") | Front camera resolution (numeric) | 2.07 MP |
| Display resolution * | 1920 x 1200 pixels | Front camera resolution | 1920 x 1080 pixels |
| Touchscreen * | ✗ | Front camera HD type | Full HD |
| HD type | Full HD+ | Video capturing speed | 30 fps |
| Panel type | IPS | Infrared (IR) camera | ✓ |
| LED backlight | ✓ | Network | |
| Native aspect ratio | 16:10 | Top Wi-Fi standard * | Wi-Fi 7 (802.11be) |
| Anti-glare screen | ✓ | Wi-Fi standards | 802.11a, 802.11b, 802.11g, Wi-Fi 4 (802.11n), Wi-Fi 5 (802.11ac), Wi-Fi 6E (802.11ax), Wi-Fi 7 (802.11be) |
| Display brightness | 500 cd/m ² | Mobile network connection * | ✗ |
| Pixel density | 142 ppi | Antenna type | 2x2 |
| RGB colour space | DCI-P3 | WLAN controller model | Intel Wi-Fi 7 BE200 |
| Colour gamut | 100% | WLAN controller manufacturer | Intel |
| Maximum refresh rate | 60 Hz | Bluetooth | ✓ |
| Contrast ratio (typical) | 1300:1 | Ports & interfaces | |
| Processor | | USB 3.2 Gen 2 (3.1 Gen 2) Type-C ports quantity | 1 |
| Processor manufacturer * | Intel | HDMI ports quantity * | 1 |
| Processor family * | Intel Core Ultra 7 | HDMI version | 2.1 |
| Processor generation | Intel® Core™ Ultra (Series 1) | Thunderbolt 4 ports quantity | 2 |
| Processor model * | 155H | Intel® Thunderbolt 4 | ✓ |
| Processor cores | 16 | | |
| Processor threads | 22 | | |
| Processor boost frequency | 4.8 GHz | | |
| Performance cores | 6 | | |

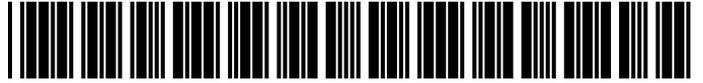
| | | | |
|--|---|---------------------------------------|----------------------|
| Processor | | Ports & interfaces | |
| Efficient cores | 8 | Combo headphone/mic port | ✓ |
| Low Power Efficient-cores | 2 | USB Type-C DisplayPort Alternate Mode | ✓ |
| Performance-core Max Turbo Frequency | 4.8 GHz | Performance | |
| Efficient-core Max Turbo Frequency | 3.8 GHz | Ambient light sensor | ✓ |
| Low Power Efficient-core Max Turbo Frequency | 2.5 GHz | Accelerometer | ✓ |
| Performance-core base frequency | 1.4 GHz | Proximity sensor | ✓ |
| Efficient-core base frequency | 0.9 GHz | Gyroscope | ✓ |
| Low Power Efficient-core Base Frequency | 700 MHz | Hall sensor | ✓ |
| Processor cache | 24 MB | Keyboard | |
| Processor cache type | Smart Cache | Pointing device | Touchpad |
| Processor base power | 28 W | Numeric keypad * | ✗ |
| Maximum turbo power | 115 W | Keyboard backlit | ✓ |
| Neural processor unit (NPU) | | Software | |
| Neural processor unit (NPU) | Intel AI Boost | Operating system architecture | 64-bit |
| Maximum frequency NPU | 1.4 GHz | Operating system installed * | Windows 11 Pro |
| Sparsity support | ✓ | Battery | |
| Windows Studio effects support | ✓ | Battery technology | Lithium-Ion (Li-Ion) |
| AI software frameworks supported by NPU | DirectML, ONNX RT, OpenVINO, Windows ML | Number of battery cells | 6 |
| Memory | | Battery capacity * | 99.5 Wh |
| Internal memory * | 32 GB | Battery voltage | 11.55 V |
| Internal memory type | LPDDR5x-SDRAM | Battery recharge time | 3 h |
| Memory form factor | On-board | Fast charging | ✓ |
| Maximum internal memory * | 32 GB | Battery charge indicator | ✓ |
| Memory channels | Dual-channel | Battery weight | 363 g |
| Memory data transfer rate | 7467 MT/s | Power | |
| Storage | | AC adapter power | 165 W |
| Total storage capacity * | 512 GB | AC adapter frequency | 50 - 60 Hz |
| Storage media * | SSD | AC adapter input voltage | 100 - 240 V |
| Total SSDs capacity | 512 GB | USB Power Delivery (USB PD) | ✓ |
| Number of SSDs installed | 1 | Security | |
| SSD capacity | 512 GB | Cable lock slot | ✓ |
| SSD interface | PCI Express 4.0 | Cable lock slot type | Wedge |
| NVMe | ✓ | Fingerprint reader | ✓ |
| SSD form factor | M.2 | Trusted Platform Module (TPM) | ✓ |
| SSD performance class | 40 | Trusted Platform Module (TPM) version | 2.0 |
| M.2 SSD size | 2280 (22 x 80 mm) | Password protection | ✓ |
| Optical drive type * | ✗ | Operational conditions | |
| Graphics | | Operating temperature (T-T) | 0 - 35 °C |
| Discrete graphics card model * | NVIDIA RTX 1000 Ada | Storage temperature (T-T) | -40 - 65 °C |
| Discrete graphics card memory | 6 GB | Operating relative humidity (H-H) | 10 - 90% |
| Discrete graphics memory type | GDDR6 | Storage relative humidity (H-H) | 0 - 95% |
| On-board graphics card * | ✓ | Operating altitude | -15.2 - 3048 m |
| On-board GPU manufacturer | Intel | Non-operating altitude | -15.2 - 10668 m |
| Discrete graphics card * | ✓ | Operating shock | 110 G |
| On-board graphics card family | Intel Arc Graphics | Non-operating shock | 160 G |
| On-board graphics card model * | Intel Arc Graphics | Operating vibration | 0.66 G |
| Audio | | Non-operating vibration | 1.3 G |
| Number of built-in speakers | 4 | Weight & dimensions | |
| | | Width | 353.7 mm |
| | | Depth | 240.3 mm |
| | | Height (front) | 2.05 cm |
| | | Height (rear) | 2.22 cm |
| | | Weight * | 2.03 kg |

Packaging content

Cables included AC



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Catalog Object Cloud



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